



4 News

AF releases
Kadena F-15
accident cause



5 Commentary

Prepare our
future leaders



8 Sports

May is
Fitness Month



Vol. 42, No. 16 • 374th Airlift Wing • Yokota Air Base, Japan • Friday, April 27, 2001

Shopper's paradise



photo by Senior Airman Jessica Bruno

Debbie Kelly, a volunteer, helps a customer with some wicker baskets at the annual Yokota Officers' Spouses' Club Spring Asian Bazaar. Several thousand customers visited Hangar 15 during the two-day event last weekend, according to Sheila Rogers, vice president of the YOSC and publicity chairman. Customers were treated to row after row of merchandise — from crystal and knick knacks to mink blankets and clothes, from Asian furniture and carpets to jewelry. About 47 vendors participated in this year's sale. The sale is the main fund-raising drive for the YOSC. Proceeds from the bazaar are returned to the Yokota community through donations to the schools, library, clubs and organizations, family and youth programs and Air Force programs. According to Rogers, YOSC leadership was very pleased with this year's event.

Yokota earns \$50,000 energy-saving award

By Staff Sgt. Jeff Loftin
374th Airlift Wing Public Affairs

Conserving energy is very challenging, but has its rewards both for the environment and the pocketbook. Recently Yokota earned even more incentive — \$50,000 in prize money.

The money was given to the base for taking the second place Pacific Air Forces energy award in the industrial category. This is the second year in a row the base has won an energy award. Last year the base earned \$100,000 by taking first place in the same category.

"The \$100,000 we received last year funded part of the \$178,000 west power station upgrade," said Dennis Chen, base energy manager. "It was necessary to open new facilities such as the middle school, community center and to air condition the high school.

"This \$50,000 will be spent on an energy-related project too," he said. "Unlike last year, we have several options this year."

Some of the options the base can choose from include replacing incandescent lights with compact fluorescent lights, installing occupancy

sensors in common areas such as conference rooms, hallways, rest and break rooms, and replacing low efficiency motors with high efficiency ones.

Regardless of which option is chosen, officials hope it will help the base to continue reducing energy consumption. Executive Order 13123 mandated bases reduce energy consumption 35 percent by 2010, using 1985 as a baseline.

"Conserving energy will help us both save the environment and meet the executive order," said Chen. "Last year our goal was a 20 percent reduction from 1985. We didn't quite meet the goal. We were over by about a percent. This year our goal is to reduce by 22 percent compared to 1985. We might not meet the goal, but we'll be right at the borderline. It depends on the remaining six months of the fiscal year."

A colder than normal winter and a projected hotter than normal summer, threaten to keep the base from reaching its goal. Although, the base maintains a "very active" maintenance program for its steam distribution lines, it may not be enough, according to Chen.

"Consumption wise heating is a big

see AWARD page 2

38 Yokotans earn their college degrees

YOKOTA AIR BASE, Japan — Thirty-eight base members were among the 107 graduates to switch their tassels in a commencement ceremony for the University of Maryland University College in Asia April 21 at the New Sanno Hotel in Tokyo.

Of the 38, 32 earned bachelor's degrees and six earned associate's degrees. Three of the graduates earned honors. Alan Scott Amos and Corri L. Gobin graduated Cum Laude, and Alix Dagnino Clifford graduated Summa Cum Laude.

"The past couple of years we've had over 100 people march," said Christine Kalina, of UMUC Asian Division Student Services. "It seems to increase every year."

The graduation was the culmination of years of hard work for most students.

"This is quite a milestone in my life," said Senior



Master
ates. "It
will pay
when I
leave the
where I go."

Sgt. Gordon Van Vleet, one of the gradu-
was a long time coming, but all the work
off. This is something I can take with me
leave the Air Force. It'll help me no matter

Earning bachelor's degrees were: Alan Scott Amos,
Megumi Ashizawa, Yolanda Marie Batchelor, Regina

Enriquez Boquiren, Cynthia Ann Chorzempa, Alix Dagnino Clifford, Taunji Marif Forkner, Megumi Fukunaga, Corri L. Gobin, Barry N. Gray, Jackie Jean Hatleberg, William Eddie Irvin, Christopher Glen Keown, Melanie Dawn Kytola, David Anthony Magoc, Bryan Charles Matthews, Lori Ann Maus, Travis Vanness McDonald, Barbara Ann Merriweather, Misty Michelle O'neal, Mark Andrew Perry, Andra T. Phillips, Wayman Pittman, Cassandra Yvette Proctor, Yanna L. Rodriguez, Michael R. Schoebinger, Daniel R. Schultz, Izumi Sugimoto, Diana G. Summers, Gordon Matthew Van Vleet, Sheila Lynn Walker and Jennifer Lynn Whetstone.

Earning associate's degrees were: Tania Marie Ehrhart, Laela Mae Hajiaghomohseni, Benjamin Giles Olmos Ignacio, Damian Paul Johnston, Jill Elizabeth Palmer, and Kaneshia Antwanette Webber.

Award winners

PACAF awards

The 374th Communications Squadron recently won four Defense Information Systems Agency Pacific Theater awards.

They are: Outstanding Facility Control Office of the Year; Transmission Facility of the Year, large unit, Yokota; Transmission Facility of the Year, small unit, OL-A at Sasebo; and the Defense Switched Network Multi-Function Switch.

15th Air Force awards

The 730th Air Mobility Squadron recently earned the Global Reach Award for best air mobility squadron and the Best Overall Safety Program Award.

Postal awards

Det. 2, PACAF Air Postal Squadron's quarterly award winners for the first quarter were: John Stapleton, U.S. civilian; Tadaaki Sato, Japanese civilian; Master Sgt. Alfred Wilhite, senior NCO; Staff Sgt. Marc Nickelberry, NCO; and Senior Air-

man Roberto Rivera, airman.

605th AIS awards

The quarterly award winners for the 605th Air Intelligence Squadron were: Senior Airman Brandi LaFrance, airman; Tech. Sgt. Timothy Stanley, NCO; and 1st Lt. Mark Peters II, company grade officer.

Logistics

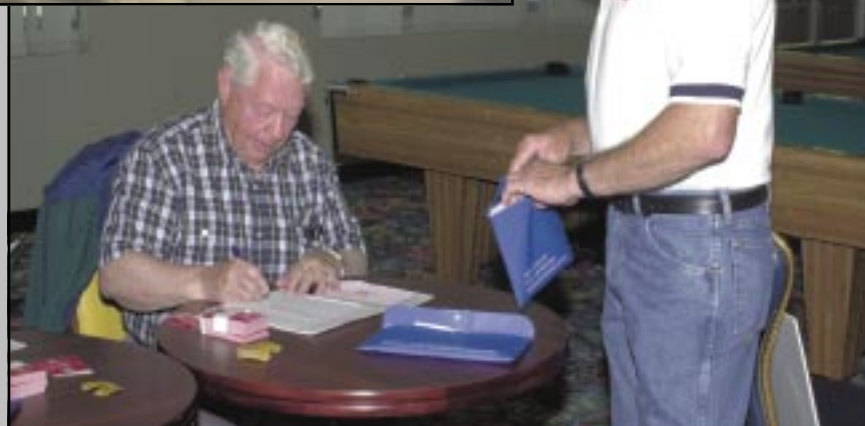
The 374th Airlift Wing Logistics Plans Office was named the best Logistics Plans Unit in 5th Air Force and in Pacific Air Forces for 2000. This is the second time in a row the unit earned these honors.

Art contest winner

Lacey Dawn won first place in the 16-18 year category of the Pacific Air Forces Fine Art Contest with her acrylic project through the Yokota youth centers. Her painting will travel throughout the year to Boys and Girls Club of America functions around the world.



Road tax



photos by Airman 1st Class Charity Barrett

Royal Carpenter, left, assists Tony Lykins with his paperwork. Hundreds of base residents paid the annual tax at the Yujo Recreation Center last week. Inset, people wait for the service, keeping them from having to go downtown.

AWARD from page 1

factor," he said. "It's like two sides of the same coin. Consumption wise, fuel oil is about 70 percent of consumption. Cost wise, electricity is 85 percent of our total cost. Electricity is more expensive than fuel oil. In the winter-time we try to attack the consumption. In the summer we try to work on money because that's when most of the dollars are spent. The goal is to save both consumption and money."

There are a lot of things the average community member can do to help the base meet its energy goal. They include cleaning and replacing air conditioner filters and turning off the air conditioner when leaving

the house for a few hours. According to Chen, it costs much less to re-cool a room than to just to leave a unit on. While it's cooling down he advises using a fan. A fan uses only a tenth of the energy an air conditioner does.

An important thing people can do in the summertime to save energy dollars is plan when they use appliances.

"Our utility company charges us three different prices based on the time of the day," said Chen. "They have a day rate, a peak rate and a night rate. The day rate is from 8 a.m. to 8 p.m., but within that is the peak rate from 1 to 4 p.m. That rate is four times more than

the night rate, which is 8 p.m. to 8 a.m. Be energy smart and don't wash clothes, etc., from 1 to 4 p.m. If you use the dishwasher or dryer during the day, they heat up your house and you use more energy for the air conditioners to compensate. So if you use those appliances during the peak times it costs more money and wastes more energy. Be energy smart and do that at night or on the weekends. It makes a big difference."

In short, although the \$50,000 will help the base find ways to reduce energy consumption in the end it's up to everyone to assist in meeting Yokota's energy goal.

NEWS AROUND THE AIR FORCE & PACAF

PRADS 2001 furthers regional cooperation: ANDERSEN AIR FORCE BASE, Guam — The seventh annual Pacific Rim Air Doctrine Symposium, hosted by the 13th Air Force, concluded April 6 after a week-long conference with senior Air Force officials and military members from the U.S. and 11 countries in the Pacific region.

The countries, which comprise more than one-sixth of the world's population, included Australia, Bangladesh, India, Malaysia, Mongolia, New Zealand, Philippines, Singapore, Sri Lanka and Thailand. Officers in the grade of colonel through major general represented their military forces.

This year's Air Force-sponsored symposium focused on hu-

manitarian assistance and disaster relief operations. Many briefings given by the attendees focused on their professional experiences and lessons learned in this area. (PACAF News Service)

New painting technique saves time, reduces waste: HILL AIR FORCE BASE, Utah (AFPN) — Hill Air Force Base's new powder paint facility came

on line recently and workers find liquidless paint saves time and reduces waste.

Using a fine paint powder and static electricity, technicians have found a way to paint aircraft parts in half the time it takes using conventional wet painting methods.

"If you rubbed a balloon up and down on your arm really fast, you build up an electrical charge,"

said Ken Walter, industrial engineer. "After that, you can hold the balloon above your head and watch your hair go right to it."

"The exact opposite happens here," he said. "We charge the powder and it goes directly for the grounded part we're painting, forming a cloud around it and the powder sticks to the part."

Tim Hudson, a powder paint technician, said his crew painted 36 oil-pump housing parts in one hour recently.

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***FULL
PAGE
ADVERTISEMENT***

Earth Week



photo by Yasuo Osakabe

Bob Dalzell, of the 374th Civil Engineer Squadron, answers questions about hazardous chemicals and other environmental concerns for Josie Walker, Chantel Millner, Diante Blakey and Chelsea White at the 3rd Annual Earth Week Celebration at the Yujo Recreation Center April 21. In addition to displays, there was refreshments and performances by the PACAF Band and the Okinawan Taiko drummers.

AF releases cause of F-15 accident

HICKAM AIR FORCE BASE, Hawaii — U.S. Air Force investigators have determined a maintainer's error caused foreign object damage to an 18th Wing F-15 on Nov. 3, 2000.

The incident occurred at Kadena Air Base, Japan, about 8:25 a.m., local time, during a routine training mission. After a normal takeoff, the pilot raised his landing gear. During landing gear retraction, the pilot heard a loud bang, which he interpreted as an afterburner blowout, and noticed he had indications engine 2 was overheating.

The pilot safely continued his takeoff, followed proper procedures for handling the situation, and made a safe and uneventful landing at Kadena AB.

After maintenance analysis, it was determined that some foreign object damage had occurred to both engines.

The engines were returned to depot for analysis and repair.

After investigating the mishap, the accident investigation board president issued an opinion that the cause of the foreign object damage was that the crew chief failed to adequately finish preparing the aircraft for the scheduled mission.

Specifically, the crew chief failed to properly store a form binder and the enclosed forms as prescribed by local procedures, storing them instead on the forward nose landing gear door. The aircraft forms are a paper documentation product that the unit uses to record maintenance actions on the aircraft.

When the pilot retracted the landing gear after takeoff, the forms that were improperly placed on the nose landing gear door were blown into the slipstream and ingested into the landing gear wells and into both engines. (PACAFNS)

Yokota High School receives bomb threat

YOKOTA AIR BASE, Japan — A bomb threat at the Yokota Middle School occurred about 12:35 p.m. April 20. Although it was later determined to be a hoax, emergency personnel blocked off streets and evacuated the school and nearby buildings as a precaution. There were

no injuries or damage and no bomb was found.

School was not in session at the time, however some teachers and staff were at the school conducting parent conferences. They were evacuated until the building was declared safe by on-scene emergency

officials at 2:35 p.m.

According to school officials, the bomb threat was received by the school principal. Security Forces and the Air Force Office of Special Investigations are investigating the incident.

Advertisement

Action Line

Q I'm calling about the traffic at the east gate. Since they started the work there, getting on base by turning right from the main road off base is getting very dangerous.

Recently I was in an accident because of this problem. The gate guards have moved closer to the street and when cars stop to show their ID, traffic is backed up blocking the lane. The gate guard was talking for a long time to a man on a motorcycle while I was waiting. I thought he started to move so I pulled in only to have the man on the motorcycle stop again and talk with the guard. I was in traffic when a truck came. He tried to go around me, but hit me. I kept shouting at the guard that I was just in an accident, but he seemed like he couldn't understand me. I am very frustrated by this and I think you need to fix this very dangerous situation.

A Thanks for calling this in. We have relocated the temporary gate shack further west on McGuire to help avoid any similar situations like this in the future. During this construction period we encourage all personnel entering the east gate to use extreme caution. Occasionally the guard may be required to stop vehicles to check entry credentials or answer questions.

Preparing leaders

To take the Air Force into the future

By Senior Master Sgt. Robert Cox
Superintendent, 374th Dental Squadron

One of the clearest priorities for the United States Air Force in the new millennium is to prepare its leaders for enhanced leadership roles in a continually changing and challenging organizational environment.

The requirements on leaders are many but I suggest that the three most important required traits are: enlightened leadership skills, broad and deep operational expertise, and exemplary qualities of character.

Leadership can be defined as the ability to guide or lead. Understanding leadership is simple; attaining the skills or ability to lead can be elusive. There is no easy recipe for learning how to lead others. But some essential skills of effective leaders are: the ability to inspire others, be genuinely involved with and care for those they lead, display professional and technical competence, project and share the strategic organizational vision, and



finally give everyone a stake in the mission of the organization and its outcome. Once these essential traits are achieved we should attain operational expertise.

As a leader we are responsible for the unit's mission and people. In order to gain followership from those we lead we must have a broad and deep operational expertise in our profession. If you do not know how your business operates down to the details then people will not trust your judgment. We must work hard at developing our technical expertise to gain the trust and respect of those we lead. The final trait required for leaders of the new millennium is strong morale character.

Character can be defined as the combination of emotional, intellectual, and moral qualities distinguishing us from another person or group. Character is made up of many different attributes such as honesty, loyalty, integrity, courage, flexibility, charisma and credibility. All these traits are attainable and should be the pillars of our "self." If we are lacking in certain aspects we should strive to improve because without character people will not follow us.

So as we face the new millennium we must take new tools with us to lead those of the future. We must learn how to become effective leaders and teach those that replace us to be effective leaders. As a matter of fact, we should select two or three individuals and personally mentor them to replace us. We must be ready to meet the challenges facing us and we must be successful in order for the Air Force to accomplish its never-ending challenges.



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The deadline for articles, briefs and classifieds is Wednesday the week before publication. For holidays, the deadline is one day earlier.

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The Action Line is your direct line to me. Use it if you have questions or comments about Yokota, which couldn't be resolved by your chain of command. When you call, please leave your name and phone number so you can be reached if more information is needed.

Col. Mark Zamzow
374th Airlift Wing Commander



DUI Prevention

April 15-21 DUIs:	0
Total DUIs in April:	6
Total DUIs in 2001:	18
Record DUI-free streak:	85

Punishment
.05-.07=14 days walking, 6 points
.08-.09=90 days walking, 6 points
.10 and above=one year walking, 6 points
Don't drink and drive, call
225-RIDE
(All stats as of April 21)

Advertisement

Advertisement

Advertisement

WANTED

Spanish language tutor — Native speaker preferred. 227-4031.(1)

Kitchen bar stools — With back. (99) 556-4429.(1)

Trade — Sukura Buddy for Sukura. 227-4279.(2)

LOST & FOUND

Lost — Our son lost a birthday check at the post office April 10. 227-5479.(1)

Lost — Men’s wedding band, three colors gold, possibly lost on basketball court. 227-6132.(1)

Lost — Coach’s clipboard at Yokota Middle School during youth basketball season, \$10 reward for return. 227-4675.(2)

Lost — Orange male tabby with a kink at the tip of his tail, no collar, 1 year old, lost in east garden housing area. 227-7875.(2)

Found — GameBoy Color with one game, found in east garden housing near Michael Drive. 227-7875.(2)

HELP WANTED

Automotive training instructor — For Yokota High School. 225-7018.(1)

English teacher — Native-speaking English teacher for a Hamura City junior high school. 225-7020.(2)

PETS

Salamander — Free, has small aquarium with rocks, cannot keep because of frequent TDYs. 227-3689.(2)

Dog — Pomeranian mix small female free to a good home, comes with large kennel, food and accessories, friendly, affectionate and playful. 227-4554.(2)

FOR SALE

Fence — With gate, 13 posts, 75 feet, \$200 OBO. 227-5583.(1)

Miscellaneous — Kamar 27-inch racing bike, \$80; 20-gallon air compressor, \$100; 12,000 BTU air conditioner, \$120; five 145SR 12 tires on Honda rims, \$60; dehumidifier, \$40; large outdoor meat smoker, \$30. 227-4102.(1)

Miscellaneous — Queen-size waterbed with lighted glass cabinets and mirror, \$400; cherry wood entertainment center, fits 29-inch TV, \$150; 7-in-1 Cosco stroller with carseat, \$80. 227-3335.(1)

Home gym — Weight machine, almost new, bought from NEX, paid \$350 plus delivery, asking \$240; motorized drive programmable exercise bike, in excellent condition, \$100. 227-4083.(1)

Miscellaneous — JVC XV-501BK DVD/CD player, all original boxing and instructions, 1 year old, \$150; Hewlett Packard 200 mhz Pentium computer with 15-inch Sony 100sx multiscan monitor, .25mm dot pitch, all in excellent shape with original boxes and software, excellent starter computer for children, \$300. 227-5479.(1)

Miscellaneous — Queen-size hide-a-bed sofa and recliner, \$100; lawn mower, \$50; five LP gas bottles, \$5 each; queen-size mattress and box springs, \$75; two small electric heaters, \$10 each. 227-2463.(1)

The Fuji Classifieds are provided as a free service to readers. To submit ads, e-mail: fuji.flyer@yokota.af.mil or drop off at the 374th Airlift Wing Public Affairs Office (Bldg. 315). Advertisements must be for one time sales only, 25 words or less and include a name and home phone number. No

more than two ads per family, per week. Ads will run for one week, possibly longer space permitting. The Fuji Flyer deadline is noon Wednesday the week before publication. For holidays the deadline is noon Tuesday the week before publication.

Star Wars toddler bike with training wheels, \$5. 227-3556.(1)

Entertainment center — For stereo and CDs, like new, must see, \$30. 227-5217.(1)

Yokohama tires — One pair Aspec DB model, less than 50,000 wear, 195/65 R14, \$120. 227-7688.(1)

Miscellaneous — Century infant car seat, in excellent condition, \$45; Graco navy/plaid baby stroller, in excellent condition, \$60; Ninna Nanna infant front carrier, navy, only used twice, in excellent condition, \$65; infant bath ring, \$5; Little Tykes work bench with tools, \$5; Winnie the Pooh activity gym, \$25. 227-3764.(1)

Miscellaneous — Computer, Pentium 266mhz, 8gb harddrive, 128mb memory, 14-inch monitor with software and accessories, \$450; 21-inch Sony TV, \$100; couch and chair, light flower print with many pillows, \$100; gliding chair, blue cushions, was used for nursery, \$100. 042-539-3879.(2)

Miscellaneous — Two super single waterbeds with six drawers, heaters, bookshelf, plus storage underneath, \$350 each; air conditioners, 22,000 BTU, \$200; two 18,000 BTU, \$150 each; two 12,000 BTU, \$100 each; small, \$50. 227-7662.(2)

Miscellaneous — Whirlpool 18,000 BTU air conditioner, 3 years old, runs great, \$200; wedding and engagement ring set, brand new, never been used, paid \$760, sell for \$500. 227-3481.(2)

Women’s ring — Size 6 1/2, center stone Marquis cut with side baguettes, two anniversary bands soldered to each side of the ring, absolutely gorgeous, must see, approximately 2.4 carats, \$1,500. 227-2873.(2)

Miscellaneous — 20-inch girl’s bike, like new, \$25 OBO; hand-made sequined wedding dress, size 8, must see, \$400 OBO; sliding door curtains for 3-bedroom tower, \$100; decorative hanging fluorescent overhead light, perfect for towers, no tools required, \$50 OBO. 227-5172.(2)

Sports equipment — Total Gym 1000, \$150; Spalding Match Play golf clubs, 3, 5, 6, 7, irons and 1, 3, wooden drivers with bag, \$150 OBO. 227-5582.(2)

Miscellaneous — Air conditioners, 12,000 BTU, \$250; 10,000 BTU, \$200 each; 8,000 BTU, \$125; 5,000 BTU, \$100; all for \$800; fence, needs some work, \$150 OBO. 227-3839.(2)

VEHICLES

1986 Mitsubishi — Minica truck, 49,000 miles, \$750. 227-4102.(1)

1998 Honda — Press Club scooter, 2,000 miles, \$900. 227-4102.(1)

1989 Nissan — Skyline, silver, JCI until Feb. 2003, power locks and windows, A/C and heater, new brakes and tires, customized interior, in excellent condition, \$2,000. 227-4526.(1)

1989 Mitsubishi — 4-door hatchback, JCI until March 2002, 88,000 K, recently serviced, \$800 OBO. 227-2422.(1)

1989 Toyota — Cresta 4-door automatic sedan, JCI until Oct., 92,000 K, looks great, runs better, must sell, \$1,050 OBO. 227-2422.(1)

1988 Nissan — Pulsar, white, 2-door, automatic, A/C, reasonable shape, road tax paid, \$500. 042-830-1646.(1)

1988 Nissan — Bluebird, 4-door, navy blue, power locks and windows, A/C, new tires, good condition, JCI until June, \$1,000 OBO. 227-2312.(1)

1988 Toyota — Carina, 4-door, silver, automatic, cold A/C, power everything, good body and engine, good interior, JCI until July 2002, road tax paid, \$1,000. 227-2666.(1)

1988 Nissan — Van, AM/FM, CD, A/C, \$900 OBO. 227-2722.(1)

1989 Toyota — Town Ace Limite Edition van, JCI until Dec. 2002, front and rear controls for A/C and heating, automatic, power windows and locks, AM/FM cassette, hot/cool box, sunroofs, two new tires, dependable, \$2,600 OBO. 227-2365.(1)

1991 Toyota — Soarer GT-Twin Turbo, audio system, silver, automatic, power windows, excellent condition, \$5,500 OBO. 227-4277.(1)

1991 Toyota — Corolla, JCI until Aug. 2002, 4-door, automatic, power everything, A/C, AM/FM cassette, new brakes, runs great, very dependable, \$2,500 OBO. 227-3335.(1)

1990 Toyota — Corona, excellent condition, gray, 4-door, automatic, A/C, power everything, 50,000 K, new tires and battery, road tax paid, JCI until Aug., \$1,300 OBO. 227-4083.(1)

1986 Toyota — Vista, 4-door, 5-speed, navy blue, A/C, AM/FM cassette, JCI until Nov., good condition, \$700 OBO. 227-2312.(1)

1988 Toyota — Camry, excellent condition, JCI until Sept., automatic, AM/FM cassette, power everything, \$1,000. 227-2664.(1)

1994 Nissan — Avanir, power everything, aluminum rims, tinted windows, 4-speed stationwagon, good body, 19 months of JCI. \$1,550. 090-9848-9258.(2)

1987 Toyota — Town Ace van, JCI until Aug., automatic, A/C very good, runs great, skylight roof, recent tune-up, new front tires and battery, nice stereo, 10-disc CD, clean, \$1,900 OBO. 227-4124.(2)

1984 Nissan — Largo van, must sell, nothing fancy, runs good and gets you around, cold A/C, one year of JCI, \$800 OBO. 227-3423.(2)

1992 Subaru — Legacy GT turbo stationwagon, intercooler turbo, hood scoop, aluminum rims, tinted rear windows, overdrive, power everything, A/C, AM/FM, CD, MOMO steering wheel, recent base

inspection, 15 months JCI, blue, \$2,150. 090-9848-9258.(2)

1991 Cadillac — Seville, loaded, 34,000 miles, JCI until Jan. 2002, excellent condition, \$4,000 OBO. 227-9087.(2)

2000 Mitsubishi — Pajero Mini, 4-wheel drive, 7,000 K, two years warranty, JCI until July 2003, AM/FM, CD, power everything, \$8,500 OBO. 042-821-5208.(2)

1990 Eunos — 300, Mazda persona, 4-door, automatic, power everything, leather, CD, JCI until Dec., \$1,000. 227-4774.(2)

1987 Toyota — Lite Ace FXV van, 4-wheel drive, automatic, power everything, super clean inside, 10-disc CD changer, JCI until Dec. 2002, \$1,800. 227-4774.(2)

1986 Honda — VFR400 motorcycle, JCI until Oct. 2002, \$1,000. 227-4774.(2)

1992 Toyota — Master Ace 7-passenger van, light blue with gray interior, great condition inside and out, CD, power everything, two captain bucket seats and bench seat in back. 227-2168.(2)

1990 Subaru — Legacy, dark gray, great A/C, AM/FM cassette, power locks and windows, well maintained, excellent condition, JCI until Feb. 2003, \$2,000 OBO. 227-7407.(2)

1989 Suzuki — Jeep, great local car, low miles and maintenance, super gas mileage, JCI until July 2002, available immediately, \$999. 227-6324.(2)

1990 Toyota — Starlett GT, turbo, JCI until April 2003, automatic, new tires, recent tune-up, available April 26, payments considered, \$2,400. 090-4750-1335.(2)

1993 Honda — Civic, dark green, 4-door, tinted windows, CD and cassette, A/C, automatic, JCI until Aug., \$2,999. 227-8762.(2)

1988 Toyota — Vista, just passed inspection, new tires, runs great, AM/FM cassette, A/C, automatic, JCI until Aug., \$600 OBO. 227-2463.(2)

1985 Nissan — Van, great condition, new tires, A/C, AM/FM cassette, JCI until May 2002, runs good, \$700 OBO. 227-2463.(2)

1996 Toyota — Starlett, 3-door, 4-speed, black, CD, A/C, 60,000 K, \$1,500. 090-8724-7871.(2)

1989 Toyota — Vista, 4-door, JCI until Aug. 2002, A/C, AM/FM, CD, automatic, 4-wheel drive, power steering, windows and locks, excellent car, \$1,600. 227-7662.(2)

1991 Nissan — Silvia, 2-door, JCI until June 2002, A/C, AM/FM, CD, power steering, windows and locks, excellent car, \$1,700. 227-7662.(2)

Two 1997 Suzuki — Lets II scooters, under 375 miles, JCI until July 2003, \$600 each. 227-7662.(2)

1985 Toyota — Hi Ace Super Custom van, JCI until Nov. 2002, great family van, runs great, must see, \$1,700. 227-3481.(2)

1988 Nissan — Bluebird, automatic, power everything, 4-door, black, great family car, a couple of dents, \$1,000 OBO. 227-3952.(2)

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Also, May 3-5 from 10 a.m. to 4 p.m. there will be a special exhibition of the Hijima Daishi. Directions are available at the Yujo Recreation Center.

Advertisement

“Quotes”
& Things

“Even if you’re on the right track, you’ll get run over if you just sit there.”

Will Rogers
Cowboy

Cherry Blossom 5K run: is Saturday at Yokota Field. Show time is 7:30 a.m. and the race starts at 8 a.m. Sign up at the main fitness center or call 225-8881 for more information.

Skatepark competition: Skateboard, BMX and rollerblade enthusiasts can watch the latest thrills of the sport at the skatepark Saturday from 1 to 4 p.m. There will also be a Japanese professional skating demonstration from 9 a.m. to 4 p.m.

5th East Japan International Friendship Marathon: is May 13 at Sagami General Depot. The event consists of a men’s half marathon, men’s 5K, women’s half marathon, women’s 5K, parent and child (ages 6-10) 1.5K, and a parent and child (ages 11-12) 2K. Entry is free for Department of Defense personnel and family members. Submission deadline is Thursday. For more information, call 268-4236.

Tour De Tama I X : Competitors can sign up at Outdoor Recreation for the mountain bike race through the Tama Hill recreation area May 12. There are separate categories for different skill levels and a barbecue lunch after the event.

For more information call 225-4552.



AMERICA'S AIRLIFT FORCE IN THE PACIFIC

FUJI SPORTS

Spring into fitness during May

By Senior Master Sgt.
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Public Affairs

May 1st will kick-off with the Air Force’s 16th Annual May Fitness Month and this year’s slogan – “Get Fit and have a Ball” — just what Yokota Fitness Center plans to do for everyone.

An added bonus to this year’s event will include a chance to earn a trip to see a major car race in Indianapolis. “May Fitness Month continues to be one of our major events,” said Lt. Col. Carl Strohl, Air Force Fitness & Sports Office. “Fitness centers will conduct both fitness and sports events to attract newcomers to the fitness center. Their efforts may make them eligible for the Grand Prize—a trip for four to see the Brickyard 400 in Indianapolis.”

Although May Fitness Month events are designed for all ages, individuals must be at least 18 years old to be eligible for the grand prize.

“Here at Yokota we are working on special fitness events during May,” said Pat Coleman, Yokota Fitness Center director.

Events planed for May 2001 fitness month include an aerobic

marathon, May 1st; 100-meter T-shirt swim relay, May 4; and a three-on-three basketball tournament, May 7 through 11.

The fun continues with a flag football tournament, the weekend of May 12 and 13; a racquetball tournament May 14 through 17 and a select shot golf tournament at Tama Hills, May 18.

May 19, Yokota will hold an Armed Force 5k Run in conjunction with other Air Force bases worldwide. Continuing the “Get-Fit and Have a Ball fitness month, Yokota will hold a strength training class May 20 and 21, bench press competition May 22 and 23, and a soccer goal



shoot-out May 23 through 25. Completing the rounds, a softball tournament will run May 26 and 27, an “I Scream Social” May 28 at the Officers’ club pool, and a fitness assessment May 29 through 31.

The 2001 program, sponsored in part by Gatorade, will use stamp cards where participants accrue points to earn an incentive award and become eligible for the Grand Prize.

The stamp cards are used to keep track of points accrued dur-

ing May Fitness Month.

Points are earned though participation though events such as daily workouts (1 point), aerobic classes (2 points), and points for competing in May Fitness Month sports events.

During 2001, fitness centers worldwide will encourage Air Force personnel to make fitness a regular part of their daily lives.

(Compiled from fitness staff and services staff reports)

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